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CALISTHENIC NOMENCLATURE

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Introduction.

This nomenclature furnishes a terminology for free exercises, dumb-bells and wands. The aim has been to include terminology for all of the common movements. The author would appreciate suggestions regarding additions or changes in the nomenclature which would make it more useful. This nomenclature is now used by the International Y. M. C. A. College in its normal course of physical education, and in the practice courses given by the students. It is also in practical use by many of the 300 alumni of the college at Springfield who have been taught to select many of these terms during their senior year practice teaching from the calisthenic dictionary by Fish. During the years 1899-1901, A. L. Fish, a graduate student, under my direction compiled a dictionary of all the common calisthenic terms. Since 1901 this duplicate terminology has been studied with a view of eliminating the terms which (a) lacked clearness of description, (b) were difficult to speak clearly because of lack of vowels, (c) were long and cumbersome. The attempt has been made to use concise, clear language which could be readily understood by either children or adults. Credit should be given A. L. Fish for his careful work in compiling the dictionary of calisthenic terminology which has made possible this selection of terminology. I wish to acknowledge the helpful suggestions of Dr. William Skarstrom, G. B. Affleck, Elmer Berry and Louis C. Schroeder. The bibliography at the end gives the chief sources.

General Definitions.

1. Position of Attention. (Description with quotation marks are from infantry drill regulations of the United States Army for 1911.)

"Heels on the same line and as near each other as the conformation of the man permits.

"Feet turned out equally and forming an angle of about 45 degrees.

"Knees straight without stiffness.

"Hips level and drawn back slightly; body erect and resting equally on hips; chest lifted and arched; shoulders square and falling equally.

"Arms and hands hanging naturally, thumb along the seam of the trousers.

"Head erect and squarely to the front, chin drawn in so that the axis of the head and neck is vertical; eyes straight to the front.

"Weight of the body resting equally upon the heels and balls of the feet."

2. The Rests.

"Being at a halt, the commands are: Fall Out; Rest; At Ease; and, 1. Parade, 2. Rest.

"At the command *fall out,* the men may leave the ranks, but are required to remain in the immediate vicinity." They resume their former places,* at the command *fall in.* On the command attention they assume the fundamental position as described above, *remaining absolutely immovable until the command right dress is given.*

"At the command *rest* each man keeps one foot in place, but is not required to preserve silence or immobility.

"At the command *at ease* each man keeps one foot in place and is required to preserve silence but not immobility."

1. *Parade,* 2. *Rest.* "Carry the right foot 6 inches straight to the rear, left knee slightly bent; clasp the hands, without constraint, in front of the center of the body, fingers joined, left hand uppermost, left thumb clasped by the thumb and forefinger of the right hand; preserve silence and steadiness of position."

To resume the attention: 1. *Class,* 2. *Attention.*

3. Class Salute.

1. *Right* (*left*) *hand,* 2. *Salute.*

"Raise the right hand smartly till the tip of forefinger touches the lower part of the headdress (if uncovered, the forehead) above the right eye, thumb and fingers extended and joined, palm to the left, forearm inclined at about 45 degrees, hand and wrist straight. (*TWO*) Drop the arm smartly by the side."

4. Commands.

Commands are of two kinds: 1. descriptive and preparatory; 2. executive. The preparatory command describes concisely and clearly the movement. The executive command starts the movement, whether such movement be single or repeated with rhythmic continuity.

In the case of doing single movements on command the posi-

* The army regulation is slightly changed here by assuming the active fundamental standing position after the class falls in line.

tion reached by the movement is held until the command for the next movement is given. Such command may be made in either of two ways:

1. By using the noun or noun and adverb for the preparatory, and the imperative verb for the final command, e.g., Trunk forward bend! Trunk raise!

2. By using the name of the exercise as a whole (including all component parts and their return movements) as the preparatory command, and the numerals One! Two! or One! Two! Three! Four! etc., as the final commands for each part respectively, e.g., Trunk forward bending—One! Two! These methods of making commands may be alternated or combined in various ways according to the character of the exercise and the conditions under which the work is conducted.

In the case of rhythmic exercises the movement is started on the command *start!* (begin! or go!) and continues in an agreed-upon rhythm until the command *stop!* or *class halt!* is given; e.g., on the command *trunk forward bending—start!* the movement including its return is begun and repeated an indefinite or stated number of times until the command *stop!* is given.

In rhythmic work it is a good plan to give each part of the exercise once or twice on command until the pupil has a clear idea of correct form in the exercise, then repeat it in rhythm on the command *ready—start!*

The command *stop!* indicates an *immediate* cessation of the movement and the retention of the position reached, whether intermediate or final, until the command for a continuation of the same or the starting of a new movement is given. This applies to all exercises in which the movements are separated by distinct positions held an appreciable length of time. In exercises in which the momentum, or recoil, of one movement is carried over into the next, and no position is held, the command *class halt!* is necessary. This implies (by agreement) that the exercise continues two additional counts before the class comes to a stop. Examples of this kind of exercise are: running in place, jumping on toes, quick knee raising, etc.

5. Marking Rhythm.

To control, modify and guide the time in any rhythmic movement a number of devices may be used, such as: clapping of hands; striking of the heel or toe or a wand sharply on the floor; the use of the metronome; movements of the teacher's arms or body, in the form of gestures or the actual gymnastic movement; sharply enunciated words such as "up," "down," "in," "out," "left," "right" and, most frequently, "one," "two," or "one," "two," "three," "four," etc. The use of the numerals for marking time is to be clearly distinguished from their use as commands.

In the latter case they *precede* the movement. In the former case *they coincide with the end of the movement.* To accelerate or slow the rhythm this coincidence may be slightly shaded through a few movements, the count occurring a small fraction of time before or after the end of the movement. Such modification must, however, be very gradual in order not to break up the unison.

6. Position.

The command *position!* brings the pupil back to fundamental standing position. In free hand, dumb bell and club exercises, the position is identical with the position of attention. In wand and bar bell exercises the apparatus is held in the thigh horizontal position. Other "key" positions may be given when desired.

Trunk.

1.

1. Position. Trunk forw. bend. pos. (Stoop st. pos.) (Prone st. pos.)
2. Movement. Trunk forw. bending.
3. Command. Trunk forw. bend! Trunk raise!
4. Description of Exercise. From fundamental position the trunk is bent forward in the hip joint forty-five degrees; relative position of head, shoulders and upper back unchanged; knees straight.

2.

1. Position. Trunk forward downward bend. pos. (Prone pos.)
2. Movement. Trunk forw. downward bending.
3. Command. Trunk forw. downward bend! Raise!
4. Description of Exercise. From fundamental position the trunk is inclined forward as far as possible, bending at hip joints and lower back; the relative position of head, shoulders and upper back unchanged; knees straight.

3.

1. Position. Trunk downward bend. pos.
2. Movement. Trunk downward bending.
3. Command. Trunk downward bend! Raise!
4. Description of Exercise. From fundamental position the trunk is bent forward and downward as far as possible, flexing at hip joints and entire spine; knees may be slightly bent if desired.

4.

1. Position. Neck backw. bend. pos.
2. Movement. Neck backw. bending.
3. Command. Neck backw. bend! Raise!
4. Description of Exercise. The head is forced backwards as far as possible by a straightening of the cervical and upper dorsal spine. Avoid extension of the head on the atlas.

5.

1. Position. Trunk backw. bend. pos. (Arch st. pos.)
2. Movement. Trunk backw. bending.
3. Command. Trunk backw. bend! Raise!
4. Description of Exercise. The trunk is inclined backwards as far as possible. Extension should commence in the cervical spine and continue throughout the entire spine and hip joint. Avoid extension of the head on the atlas, and flexion at the knees. This is a poor exercise, as it emphasizes lumbar extension.

6.

1. Position. Trunk sidew. bend. pos.
2. Movement. Trunk sidew. bending.
3. Command. Trunk to l. (r.) bend! Raise!
4. Description of Exercise. The trunk is bent to the side as far as possible; the head and shoulders retain the same relative position and the same plane as in the fundamental position; avoid raising the heels from the floor, and rotation and movement of the hips.

7.

1. Position. Trunk twist. pos. (Twist st. pos.)
2. Movement. Trunk twisting.
3. Command. Trunk to l. (r.) twist! Forward twist!
4. Description of Exercise. The body is twisted or turned to the side as far as possible; the movement should occur only on the dorsal spine.

8.

1. Position.
2. Movement. Trunk circling.
3. Command. Trunk circling l. (r.)—Begin! Stop! Position!
4. Description of Exercise. With the hips as the center, the head describes a circle with as large a circumference as possible; rotation should be eliminated as far as possible. Circumduction may be started by forward, sideward or backward bending of trunk.

1.

1. Position. Head forw. bend. pos.
2. Movement. Head forw. bending.
3. Command. Head forw. bend! Upward raise or stretch!
4. Description of Exercise. The head is bent forward as far as possible; flexion beginning at the atlas and continuing throughout the cervical spine. This is a poor exercise, as it emphasizes cervical flexion.

2.

1. Position. Head backw. bend. pos.
2. Movement. Head backw. bending.
3. Command. Head backw. bend! Raise!
4. Description of Exercise. In the backward bending of the head the movement begins in the cervical spine and is continued by extension of the head on the atlas. Avoid lumbar extension.

3.

1. Position. Head sidew. bend. pos.
2. Movement. Head sidew. bending.
3. Command. Head to the l. (r.) bend! Raise!
4. Description of Exercise. The head is bent or flexed to the side without change in the position of the rest of the body. Avoid rotation of the head.

4.

1. Position. Head twist pos. (Head twist st. pos.)
2. Movement. Head twisting.
3. Command. Head to the l. (r.) twist! Forward twist!
4. Description of Exercise. Without bending the head or changing the position of the body, the head and cervical spine are turned to the left or right as far as possible.

5.

1. Position.
2. Movement. Head circling.
3. Command. Head circling to l. (r.)—Begin! Stop! Position!
4. Description of Exercise. With the base of the neck as the center, the top of the head describes a circle with as large a circumference as possible; the tendency to twist the head during the exercise should be overcome.

NOTE: Arm *flinging* indicates rapid movement; arm *raising* indicates slower movement; arm *stretching or thrusting* indicates that the arms reach the new position through the bend stand; arms *replace* may be used for rapid returns from any position.

1.

1. POSITION. Arm front horizontal pos. (Reach st. pos.)
2. MOVEMENT. Arm raising, flinging or stretching forw.
3. COMMAND. Arms forw. raise, fling or stretch! Position! or Arms bend!
4. DESCRIPTION OF EXERCISE. Both arms are quickly raised forw. ninety degrees to the front horizontal; palms in and width of the shoulders apart; the rest of the body remains as in fundamental pos. If the position is taken from the "bend st. pos." the command is, "Arms forw. stretch!"

2.

1. POSITION. Arm vertical pos. (Stretch st. pos.)
2. MOVEMENT. Arm raising or flinging forw. upward or stretching upward.
3. COMMAND. Arms forw. upward raise or fling! or Arms upward stretch! Downward sink or downward stretch!
4. DESCRIPTION OF EXERCISE. Without change in the position of the body the arms are quickly raised forward and upward to the vertical pos.; palms in; hands width of the shoulders apart.

3.

1. POSITION. Arm backw. stretch pos. (Backw. reach st. pos.)
2. MOVEMENT. Arm flinging or stretching backw.
3. COMMAND. Arms backw. fling or stretch! Arms sink or bend! Raise!
4. DESCRIPTION OF EXERCISE. From fundamental pos. the arms are extended directly backw. and downward; at the same time the shoulders are carried well back without raising them; palms in.

4.

1. POSITION. Arm side horizontal pos. (Cross (c.) st. pos.)
2. MOVEMENT. Arm raising, flinging or stretching sideways.
3. COMMAND. Arms sideways raise, fling or stretch! Arms sink! Position! or Arms bend!
4. DESCRIPTION OF EXERCISE. Without change in position of the rest of the body the arms are quickly raised sideward and upward ninety degrees to the side horizontal position; arms fully extended and carried well back; palms down.

5.

1. Position. Arm vertical pos. (Stretch st. pos.)
2. Movement. Arm raising or flinging sidew. upward or stretching upwd.
3. Command. Arms sidew. upward raise or fling! or Arms upward stretch!
4. Description of Exercise. The arms are quickly raised through the side plane one hundred and eighty degrees to the vertical; arms perfectly straight and carried back as far as possible without changing the position of the body; palms in; avoid excessive lumbar hyperextension.

Note: The same position may be reached by the command Arms overhead place! This position is reached by quick partial bending and immediate stretching of the arms.

6.

1. Position.
2. Movement. Arm circling left.
3. Command. Arm circling l.—Start!
4. Description of Exercise. From the fundamental position both arms describe l. circle in the lateral plane, the tips of the fingers making as large a circle as possible; the body kept motionless without appearing stiff.

7.

1. Position.
2. Movement. Arm circling right.
3. Command. Arm circling r.—Start!
4. Description of Exercise. The exercise is executed the same as No. 6, except that the arms describe a right circle.

8.

1. Position.
2. Movement. Arm circling inward.
3. Command. Arms circling inward—Start!
4. Description of Exercise. At the executory command the pupil does a right circle with the left arm, and a left circle with the right arm, the arms meeting and crossing over the head; the tips of the fingers describe as large a circle as possible; the circles are in the lateral plane; the trunk retains the erect position and should be kept as motionless as possible.

9.

1. Position.
2. Movement. Arm circling outward.
3. Command. Arms circling outward—Start!
4. Description of Exercise. The same general description as No. 8, only the arms meet and cross in front of the hips, the right arm describing a right circle and the left arm a left circle.

10.

1. Position.
2. Movement Alt. arm circling forward.
3. Command. Alt. arm circling forward—Start!
4. Description of Exercise. Arm circles forward are executed in the antero-posterior plane; from the fundamental position the left arm starts the large forward circles; as the left arm reaches the vertical position the right arm starts its circle, then the exercise continues with one arm one hundred and eighty degrees in advance of the other; as in the other circles, the shoulder enters into the movement, but the body is kept as still as possible; arms kept straight.

11.

1. Position.
2. Movement. Alt. arm circling backward.
3. Command. Alt. arm circling backward—Start!
4. Description of Exercise. The same general description as in No. 10, except that the arms describe a "back" circle.

12.

1. Position.
2. Movement. Small arm circles.
3. Command. Small arm circles—Start!
4. Description of Exercise. With the shoulder as center, the tips of the fingers describe a circle about six inches in diameter; arm and wrist fully extended; the rest of the body retains the fundamental position. The circles can be done with the arms at the fundamental position (l. or r.); at the front horizontal position ("in" or "out"), at the side horizontal position (front, back); at the vertical position (l., r.), etc.; the palms may be in, out, up, or down.

Forearm.

1.

1. Position. Hand forw. raised pos.
2. Movement. Hand raising or flinging, forw.
3. Command. Hands forw. raise or fling! Sink! or Position!
4. Description of Exercise. From fundamental position the forearm is quickly flexed forw. and upward ninety degrees; palms in; arms at the side.

2.

1. Position. Hand outward raised pos.
2. Movement. Hand raising or flinging outward.
3. Command. Hands outward raise or fling! Sink! or Position!

4. Description of Exercise. The arm is rotated outward as far as possible and the forearm quickly flexed outward ninety degrees, i.e., bent outward and upward; palms front; arms at side.

3.

1. Position. Hand inward raised pos.
2. Movement. Hand raising or flinging inward.
3. Command. Hands inward raise or fling! Sink! or Position!
4. Description of Exercise. The arm is rotated inward and the forearm is flexed inward and upward ninety degrees; palms back; avoid abd. of shoulders forward; the forearms are flexed behind the body unless otherwise directed.

4.

1. Position. Hand forw. upwd. raised pos.
2. Movement. Hand raising or flinging forw. upwd.
3. Command. Hands forward upward raise or fling! Sink! or Position!
4. Description of Exercise. The same description as in No. 1; the forearm is flexed as far as possible.

5.

1. Position. Hand outward upwd. raised pos.
2. Movement. Hand raising or flinging outward upwd.
3. Command. Hands outward upward raise or fling! Sink! or Position!
4. Description of Exercise. The same general description as in No. 2; the forearm is flexed as far as possible.

Arm and Forearm.

1.

1. Position.
2. Movement. Half forw. bending of elbows.
3. Command. Elbows half forw. bend! Sink! or Position!
4. Description of Exercise. The arms are raised forward and upward to the front horizontal pos. and at the same time the forearms are flexed ninety degrees, or to right angles with the arms. The arms and also the forearms are parallel; palms in; wrists and fingers extended. Care should be taken to keep the shoulders well back.

2.

1. Position.
2. Movement. Half forw. upwd. bending of elbows.
3. Command. Elbows half forward upward bend! Sink! or Position!

4. Description of Exercise. The same general description as in No. 1, with the exception that the forearms are flexed as far as possible, bringing the hand close to the head on either side.

3.

1. Position.
2. Movement. Half forw. inwd. bending of elbows.
3. Command. Elbows half forward inward bend! Sink! or Position!
4. Description of Exercise. The arms are raised as in 1 and 2 and rotated inward sufficiently to allow the forearms to be flexed in the horizontal plane; the forearms are flexed inward; the fingers of the left hand resting on the right elbow. The exercise may be continued with a more complete flexion of the forearm.

4.

1. Position. Arm side horizontal position palms up. (Cross (d) st. pos.) (Yard (d) pos.)
2. Movement. Arm raising (flinging, stretching) sideways with palms up.
3. Command. Arms sidew. with palms up raise, fling or stretch!
4. Description of Exercise. The arms are quickly abducted, that is, raised sideward and upward to the horizontal position; as the arms reach this position the arm and forearm are rotated backward as far as possible. Care should be taken to avoid any forward bending of the head.

5.

1. Position. Elbows half sidew. bending pos. (Cross (b).) (Yard (b) pos.)
2. Movement. Half sidew. bending of elbows.
3. Command. Elbows half sideward bend! Sink! or Position!
4. Description of Exercise. The arms are raised to the side horizontal; the forearm is flexed ninety degrees in the horizontal plane, palms in.

6.

1. Position. Elbows sidew. bend pos. (Yard (a) pos.)
2. Movement. Sidew. bending of elbows.
3. Command. Elbows sidew. bend! Sink! or Position!
4. Description of Exercise. The arms are quickly raised to the side horizontal and the forearm is flexed in the horizontal plane; the thumbs touching the chest; elbows well back and shoulders down.

7.

1. Position. Elbows half sidew. upw. bend pos. (Cross (e) pos.)
2. Movement. Half sidew. upwd. bending of elbows.
3. Command. Elbows half sidew. upwd. bend! Sink! or Position!
4. Description of Exercise. The arms are raised as in the preceding exercises and the forearms are flexed ninety degrees in the vertical plane; the palms turned in and elbows well back.

8.

1. Position. Neck grasp pos.
2. Movement. Placing hands on neck.
3. Command. Hands on neck—Place! Position!
4. Description of Exercise. The arms are abducted and the forearms flexed sufficiently to allow the fingers to touch behind the head at the occipital bone; the fingers should be pressed strongly against the head resisting; the elbows well back.

9.

1. Position. Forehead grasp pos.
2. Movement. Placing hands on forehead.
3. Command. Hands on forehead—Place! Position!
4. Description of Exercise. This exercise is executed similar to No. 8, only the fingers touch at and press against the forehead.

10.

1. Position. Head grasp pos.
2. Movement. Placing hands on head.
3. Command. Hands on head—Place! Position!
4. Description of Exercise. Like the preceding exercises the arms are raised sideward and upward one hundred and thirty-five degrees, the forearms are flexed, the fingers touching at the top of the head. The fingers are pressed down heavily on the head, and the whole body raised or stretched up as though to lift a weight.

11.

1. Position. Hip grasp pos.
2. Movement. Placing hands on hips.
3. Command. Hands on hips—Place! Position!
4. Description of Exercise. From fundamental position the hands are quickly raised to the hips, resting on the crest of the ilium; thumbs backward; elbows slightly back of the plane of the shoulders.

Wrist.

1.

1. Position.
2. Movement. Bending and stretching of wrists.
3. Command. Bending and stretching of wrists—Start! or Begin!
4. Description of Exercise. With the arms slightly abducted, the hands are flexed and extended at the wrist joints; in extension the hand should be carried beyond the line with the forearm.

2.

1. Position.
2. Movement. Wrist circling.
3. Command. Wrist circling—Start! Stop!
4. Description of Exercise. With the wrist as the center the fingers describe a circle with as large a circumference as possible.

Fingers.

1.

1. Position.
2. Movement. Bending and stretching of fingers.
3. Command. Bending and stretching of fingers—Start! or Begin!
4. Description of Exercise. The fingers are flexed and extended with arm or forearm in any of the positions.

Arm, Forearm, Hand.

1.

1. Position. Bend st. pos.
2. Movement. Arm bending.
3. Command. Arms bend! Downward stretch! or Position!
4. Description of Exercise. The forearm is quickly flexed as completely as possible with full flexion of fingers. The arms are rotated backward and outward.

Note: Arm stretchings may be used from this or any bent arm position backward, downward, forward, sideward or upward. If the arms are straight with an arm stretching command, it is understood the movement goes through the bend standing position.

Thigh.

1.

1. Position. Leg forw. raised pos.
2. Movement. L. (r.) or alt. leg raising or leg flinging forw.

3. COMMAND. L. (r.) leg raise! Sink! or L. (r.) or alt. leg flinging forw.—Start!

4. DESCRIPTION OF EXERCISE. From the fundamental position the weight of the body is changed to the r. or l. leg and the opposite thigh is flexed to a right angle with the body if possible, the leg and foot fully extended. The tendency to bend the trunk backward and flex the supporting knee should be overcome. In the quick rhythmic movement swing the foot up as high as possible while keeping the trunk erect.

2.

1. POSITION. Leg sidew. raised pos.
2. MOVEMENT. L. (r.) or alt. leg raising or flinging sidew.
3. COMMAND. L. (r.) or alt. leg sideways raise! or L. (r.) or alt. leg flinging sideways—Start!
4. DESCRIPTION OF EXERCISE. From the fundamental position the weight is changed from both to one leg, and the other thigh is abducted or raised to one side as far as possible, keeping the rest of the body in the erect position. Leg and foot extended; avoid rotation of the hips.

3.

1. POSITION. Stride st. pos.
2. MOVEMENT. Alt. foot placing sideways.
3. COMMAND. L. (r.) foot sideways place! or Feet sideways place!
4. DESCRIPTION OF EXERCISE. The thigh is abducted sufficiently to bring the feet two foot lengths apart; the weight is supported equally on both feet; body erect; legs extended. When it is desired to take the stride stand position as a starting position for other movements, both feet are moved simultaneously (with a jump) on the command Feet sideways place!

4.

1. POSITION. Leg cross raised pos.
2. MOVEMENT. Cross leg raising sidew.
3. COMMAND. Leg cross sideways raise! Backw. place!
4. DESCRIPTION OF EXERCISE. With the weight supported on one leg the free thigh is adducted or carried across and, unless otherwise indicated, in front of the other thigh as far as possible without rotation of the hips. The rest of the body should be held erect; leg and foot extended.

5.

1. POSITION. Cross legged stride st. pos.
2. MOVEMENT. Alt. cross foot placing sidew.
3. COMMAND. L. (r.) foot cross sideways place! Replace! or Position! or Feet cross sideways place!

4. Description of Exercise. This exercise is described and executed similar to No. 3, only adduction takes the place of abduction.

6.

1. Position.
2. Movement. Leg circling.
3. Command. L. (r.) leg circling—Start!
4. Description of Exercise. From the fundamental position the weight is carried to the r. (l.) leg; with the hip as the center the foot of the l. (r.) leg describes the circumference of as large a circle as possible, the foot extended and the body retaining the erect position.

7.

1. Position. Close st. pos.
2. Movement. Closing of feet.
3. Command. Feet close! Feet open! or Close and open feet—Start!
4. Description of Exercise. From fundamental position the toes are raised and the thighs are rotated inward sufficiently to bring the feet together in the antero-posterior plane.

8.

1. Position. Forw. walk st. pos.
2. Movement. Alt. foot placing forw.
3. Command. L. (r.) foot forw. place! Foot replace! or Position!
4. Description of Exercise. From the fundamental position the l. (r.) foot is raised and moved quickly forward twice its own length and planted without change in the angle of the feet; the weight of the body supported equally between the feet; the plane of the shoulders unchanged. The exercise may be also executed with a jump.

9.

1. Position. Forw. close walk st. pos. (Walk (c) st. pos.)
2. Movement. Foot placing forw. from close st. pos.
3. Command. L. (r.) foot forw. place! Foot replace! or Position!
4. Description of Exercise. From the close walk standing position the l. (r.) foot is moved forward twice its length and placed without change in the angle of either foot. The general descriptions in No. 8. apply in this exercise. The forward walk standing position may also be reached by a foot placing backward.

10.

1. Position. Forw. oblique walk st. pos. (Walk (a) st. pos.)
2. Movement. Foot obliquely forw. placing.

3. Command. (a) L. (r.) foot obliquely forw. place! Foot replace! or Position! (b) Alt. foot placing obliquely forw.—Begin! Stop!

4. Description of Exercise. The same general description as in No. 8. The foot is moved to the forward oblique. The forward oblique walk stand position may also be reached by a foot placing obliquely backward.

11.

1. Position. Forw. cross oblique walk st. pos. (Walk (d) st. pos.)

2. Movement. Foot placing cross obliquely forw.

3. Command. (a) L. (r.) foot cross oblique forw. place! Foot replace! or Position! (b) Alt. foot placing cross obliquely forw.—Start!

4. Description of Exercise. The same general description as in the preceding exercises, but the foot l. (r.) is moved to forward cross oblique.

Leg.

1.

1. Position. Foot backw. raise pos.

2. Movement. Foot raising backw.

3. Command. (a) Foot backward raise! Replace! (b) L. (r.) or alt. foot raising backw.—Begin!

4. Description of Exercise. From the fundamental position the weight is carried to the r. (l.) foot and the l. (r.) leg is flexed ninety degrees to a right angle with the thigh; foot extended; body erect.

Foot.

1.

1. Position.

2. Movement. L. (r.) or alt. toe raising.

3. Command. Toe raising—Begin! Stop! or alt. toe raising—Begin!

4. Description of Exercise. The weight of the body is supported on the heels and the feet are flexed, raising the toes as high as possible. Avoid flexion at the hips.

2.

1. Position. Toe st. pos.

2. Movement. Heel raising.

3. Command. Heels raise! Heels sink! or Heel raising—Begin! Stop!

4. Description of Exercise. The weight of the body is supported on the ball of the foot and the feet are extended, raising the heels as high as possible; body well poised.

3.

1. Position.
2. Movement. Heel and toe raising.
3. Command. Heel and toe raising—Begin! Class halt!
4. Description of Exercise. This is a rocking movement done in smooth medium rhythm. It is best to start with heel raising.

Thigh and Leg.

1.

1. Position. Knee forw. bend. st. pos. (Half hook pos.) (Half hook (a) st. pos.) (Crook (a) one-half st. pos.)
2. Movement. Knee forward bending.
3. Command. (a) L. (r.) knee forw. bend! Position! (b) L. (r.) or alt. knee forw. bending—Start! Class stop!
4. Description of Exercise. With the weight supported on one foot the leg l. or r. is flexed ninety degrees, or to a right angle with the thigh, and the thigh is flexed, forming a right angle with the body; the foot extended; body erect.

2.

1. Position.
2. Movement. L. (r.) or alt. knee upwd. bending.
3. Command. L. (r.) or alt. knee upwd. bending—Start! Class halt!
4. Description of Exercise. With the weight supported on one leg the l. or r. thigh and leg are both flexed as fully as possible; the foot extended and directly under the knee; body erect. This exercise may be done in three ways: (1) The position at the end of the up stroke as well as the fundamental position may be held but only when the knee is grasped. (2) The position at the end of the up stroke is not held as in (1); this applies to the alternate as well as the l. (r.) movement. (3) No position is held; this applies only to the alternate movement. In all cases the weight should be equally on both feet at the end of the down stroke.

3.

1. Position. Knee bend. pos. (Half squat.) (Knee bend. st. pos.)
2. Movement. Knee bending.
3. Command. Knees bend! Stretch! or Knee bending—Begin!
4. Description of Exercise. From the fundamental pos. the knees are bent, the thigh and leg forming a right angle; trunk in the same plane as in the fundamental pos.; thighs pointing in the same direction as the feet; heels raised if so directed by the leader.

4.

1. Position. Knee deep bend. pos. (Full squat.) (Toe deep knee bend pos.)
2. Movement. Deep knee bending (heel raising implied).
3. Command. Knees deep bend! Stretch! or Deep knee bending—One, two! or Begin!
4. Description of Exercise. This exercise is executed the same as No. 3, except that the flexing at the knees is as complete as possible; heels must be raised from the floor.

Toe Touch.

5.

1. Position.
2. Movement. L. (r.) or alt. toe touching forw.
3. Command. L. (r.) or alt. toe touching forw.—One, two! or Start!
4. Description of Exercise. From the fundamental pos. the l. or r. thigh is flexed and foot extended, touching the toes lightly to the floor; weight supported on the leg that remains in place; trunk inclined backward sufficiently to retain a straight line with the moving thigh unless otherwise directed; supporting knee straight or flexed as leader directs. Avoid lateral bending in lumbar spine.

6.

1. Position.
2. Movement. L. (r.) or alt. toe touching backw.
3. Command. L. (r.) or alt. toe touching backw.—One, two! or Start!
4. Description of Exercise. This exercise is executed similar to No. 5, but the foot is moved backward and the trunk is inclined forward to keep in line with moving leg and to avoid lumbar extension.

7.

1. Position.
2. Movement. L. (r.) or alt. toe touching backw. with opposite knee bending.
3. Command. L. (r.) or alt. toe touching backw. with opposite knee bending—One, two! or Begin!
4. Description of Exercise. Similar to No. 6, only standing knee is bent.

8.

1. Position.
2. Movement. L. (r.) or alt. toe touching sidew.
3. Command. L. (r.) or alt. toe touching sidew.—One, two! or Begin!

4. Description of Exercise. Similar to No. 5, only the thigh is abducted and toe touches floor at the side; the trunk is inclined sideward; shoulders remain in lateral plane.

9.

1. Position.
2. Movement. L. (r.) or alt. toe touching obliquely forw.
3. Command. L. (r.) or alt. toe touching obliquely forw.—One, two! or Start!
4. Description of Exercise. Similar to No. 5, toe touching floor at the forw. oblique; shoulders remain in the lateral plane.

10.

1. Position.
2. Movement. L. (r.) or alt. toe touching obliquely backw.
3. Command. L. (r.) or alt. toe touching obliquely backw.—One, two! or Start!
4. Description of Exercise. Similar to No. 6, toe touching the floor at the backward oblique; shoulders in the lateral plane.

11.

1. Position.
2. Movement. L. (r.) or alt. toe touching forw. cross oblique.
3. Command. L. (r.) or alt. toe touching forw. cross oblique —One, two! or Start!
4. Description of Exercise. Similar to the preceding exercises. The toe touches the floor at the forw. cross oblique; the trunk is inclined backward and sideward, keeping in line with moving thigh; shoulders in the lateral plane.

12.

1. Position.
2. Movement. L. (r.) or alt. toe touching backw. cross oblique.
3. Command. L. (r.) or alt. toe touching backw. cross oblique—One, two! or Start!
4. Description of Exercise. Similar to No. 6. Toe touches the floor in the backw. cross oblique plane; trunk inclined forward and sideward; shoulders in the lateral plane.

Substituting "heel" and "foot" for "toe" in the preceding exercises another series of positions may be given. As in the toe touches, the heel or foot touches the floor but does not support the weight of the body. The forward foot touches are the same as Anderson's Reverse Charges, "Gymnastic Nomenclature," p. 12. The backward foot touches are like Fall out (a) and (b), and, when at close standing pos., Fall out (c), by Enebuske, "Progressive Gymnastic Day's Orders," 1894, pp. 5, 6; and Posse,

"Special Kinesiology of Educational Gymnastics," 1894, pp. 62, 63. All the toe touches may be done with simultaneous bending of knee of supporting leg when so specified, as illustrated in No. 7.

Charges.

13.

1. Position. Forw. charge pos.
2. Movement. Forw. charging.
3. Command. (a) L. (r.) forw. charge! Position! (b) L. (r.) or alt. forw. charging—One, two! or Begin!
4. Description of Exercise. From the fundamental position the body is inclined or falls forward at the same time the l. (r.) foot is moved forward twice its length (some authors require three foot lengths) and planted in a position at right angles to each other; both feet on the floor; the knee of the moving leg flexed and directly over the toe; the backward leg fully extended; trunk in direct line with the extended rear leg; the plane of the shoulders unchanged; weight of the body chiefly on the forward foot.

14.

1. Position. Forw. oblique charge pos.
2. Movement. Forw. oblique charging.
3. Command. (a) L. (r.) forw. oblique charge! Position! (b) L. (r.) or alt. forw. oblique charging—One, two! or Begin!
4. Description of Exercise. This exercise is executed the same as No. 13, with the exception that the body and foot are moved forward obliquely.

15.

1. Position. Forw. cross oblique charge pos.
2. Movement. Forw. cross oblique charging.
3. Command. (a) L. (r.) forw. cross oblique charge—Position! (b) L. (r.) or alt. forw. cross oblique charging—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 13, with the exception that the foot is moved to the forw. cross oblique and the body is inclined in the same direction.

16.

1. Position. Side charge pos.
2. Movement. Side charging.
3. Command. (a) L. (r.) sidew. charge—Position! (b) L. (r.) or alt. sidew. charging—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 13, with the exception that the body is inclined to the side and the foot is moved in the same direction.

17.

1. Position. Backw. charge pos.
2. Movement. Backw. charging.
3. Command. (a) L. (r.) backw. charge—Position! (b) L. (r.) or alt. backw. charging—One, two! or Begin!
4. Description of Exercise. From the fundamental position the body is inclined backward, and the l. (r.) foot is moved backward twice its length and planted without change of angle; trunk in line with thigh, which remains stationary and extended; the weight supported on backward leg; backward knee bent and directly over the toe; the plane of the shoulders the same as in fundamental position.

18.

1. Position. Backw. oblique charge pos.
2. Movement. Backw. oblique charging.
3. Command. (a) L. (r.) backw. oblique charge—Position! (b) L. (r.) or alt. backw. oblique charging—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 17, except that the charge is to the backw. oblique.

19.

1. Position. Backw. cross oblique charge pos.
2. Movement. Backw. cross oblique charging.
3. Command. (a) L. (r.) backw. cross oblique charge—Position! (b) L. (r.) or alt. backw. cross oblique charging—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 17, with the exception that the foot is moved to the backw. cross oblique.

Lunges.

The lunges are executed like the charges, but only in the lateral and oblique planes; when in the oblique plane the trunk is twisted in such a way as to make the plane of the shoulders coincide with the plane of the lunge. The foot is moved about three and one-half times its own length. The trunk should be held in the erect position.

Balance Positions.

20.

1. Position. Forw. toe point pos.
2. Movement. Forw. toe pointing.
3. Command. (a) L. (r.) forw. toe pointing—Raise! Sink! (b) L. (r.) or alt. forw. toe pointing—One, two! or Begin!
4. Description of Exercise. From the fundamental position the weight is carried to one leg and the other thigh is flexed

and foot extended, raising the toe to position about two inches from the floor.

21.

1. Position. Forw. oblique toe point pos.
2. Movement. Forw. oblique toe pointing.
3. Command. (a) L. (r.) forw. oblique toe pointing—Raise! Sink! (b) L. (r.) or alt. forw. oblique toe pointing—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 20. The foot is moved to the forw. oblique.

22.

1. Position. Forw. cross oblique toe point pos.
2. Movement. Forw. cross oblique toe pointing.
3. Command. (a) L. (r.) forw. cross oblique toe pointing—Raise! Sink! (b) L. (r.) or alt. forw. cross oblique toe pointing—One, two! or Begin!
4. Description of Exercise. Same description as in No. 20. Movement of thigh in the forw. cross oblique direction.

23.

1. Position. Side toe point pos.
2. Movement. Side toe pointing.
3. Command. (a) L. (r.) side toe pointing—Raise! Sink! (b) L. (r.) or alt. side toe pointing—One, two! or Begin!
4. Description of Exercise. Same general description as in No. 20. The thigh is raised to the side.

24.

1. Position. Backw. toe point pos.
2. Movement. Backw. toe pointing.
3. Command. (a) L. (r.) backw. toe pointing—Raise! Sink! (b) L. (r.) or alt. backw. toe pointing—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 20. The thigh is extended or raised backward and the trunk is correspondingly inclined forward.

25.

1. Position. Backw. oblique toe point pos.
2. Movement. Backw. oblique toe pointing.
3. Command. (a) L. (r.) backw. oblique toe pointing—Raise! Sink! (b) L. (r.) or alt. backw. oblique toe pointing—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 24. The leg is raised in the backward oblique plane.

26.

1. Position. Backw. cross oblique toe point pos.
2. Movement. Backw. cross oblique toe pointing.
3. Command. (a) L. (r.) backw. cross oblique toe pointing—Raise! Sink! (b) L. (r.) or alt. backw. cross oblique toe pointing—One, two! or Begin!
4. Description of Exercise. The same description as in No. 24. The leg is raised in the backward cross oblique plane.

27.

1. Position. Trunk forw. bal. pos.
2. Movement. Trunk bending forw. on one foot.
3. Command. (a) Trunk bending forw. on l. (r.) foot—Bend! Raise! (b)Trunk bending forw. on l. (r.) foot—One, two! or Begin!
4. Description of Exercise. The weight is supported on the right leg and the trunk is bent forward about forty-five degrees, keeping the left thigh in same relation with the trunk as in the fundamental position. The relative position of the head and shoulders unchanged; supporting leg straight.

28.

1. Position. Trunk forw. downward balancing pos.
2. Movement. Trunk bending forw. downward on one foot.
3. Command. (a) Trunk bending forw. downward on l. (r.) foot—Bend! Raise! (b) Trunk bending forw. downward on l. (r.) foot—One, two! or Begin!
4. Description of Exercise. The same general description as in No. 27. The trunk is bent forward ninety degrees; supporting knee bent.

29.

1. Position. Trunk sidew. bal. pos.
2. Movement. Trunk bending sidew. on one foot.
3. Command. (a) Trunk bending sidew. on l. (r.) foot—Bend! Raise! (b) Trunk bending sidew. on l. (r.) foot—One, two! or Begin!
4. Description of Exercise. With the weight supported on the right leg the trunk is bent to the side forty-five degrees; at the same time the left leg is raised sideward, retaining its relative position with the trunk; shoulders in the lateral plane; knee of supporting leg extended.

30.

1. Position. Trunk sidew. downw. balancing pos.
2. Movement. Trunk bending sidew. downw. on one foot.
3. Command. (a) Trunk bending sidew. downw. on l. (r.) foot—Bend! Raise! (b) Trunk bending sidew. downw. on l. (r.) foot—One, two! or Begin!

4. Description of Exercise. The same general description as in No. 28, but the trunk is bent as near as possible to the horizontal position; avoid rotation of the trunk; knee of supporting leg bent.

Jumps.

1.

1. Position.
2. Movement. Jumping on toes.
3. Command. Jumping on toes—Start!
4. Description of Exercise. The body should retain the erect position; spring from the ankle; knees slightly bent; heels raised from the floor. This exercise may be varied from the straight jump, with alternate leg flinging forward or sideways, or with alternate knee upward bending or with alternate foot raising backward, and also with foot placing sideways or forward backward or forward and backward, feet coming together at each jump or with crossing of feet each time, or alternating with foot placing sideways or with foot placing sideward alternating with foot placing forward backward (making them cross), also jumping on toes with toe touches, heel touches, heel and toe touches, etc.

2.

1. Position.
2. Movement. Jumping.
3. Command. Jumping (given direction)—Start!
4. Description of Exercise. This exercise is described the same as No. 1, but at each count the person moves forward, sideward, etc., one, two, or more jumps as the leader directs, returning to position with the same number of jumps. This may also be given with quarter and half turns.

Stationary Run.

1.

1. Position.
2. Movement. Running in place.
3. Command. Running in place—Start!
4. Description of Exercise. The same general principles should be observed here as in the ordinary run, only no ground is gained. This exercise may be varied by running with leg flinging, knee upward bending and foot raising, etc.

Exercises on the Floor.

1.

1. Position. Knee bend rest pos.
2. Movement. Taking knee bend rest pos.

3. Command. (a) Knee bend rest—Place! Position! (b) Knee bend rest and return—One, two! or Begin!

4. Description of Exercise. From the position of deep knee bending the trunk is inclined forward, the hands touching the floor between the knees.

2.

1. Position. Front leaning rest pos. (Prone falling pos.)

2. Movement. Taking front leaning rest pos.

3. Command. (a) Front leaning rest—Place! Position! or Stand up—One, two! (b) Front leaning rest and return—One, two, three, four! or Begin!

4. Description of Exercise. From the knee bend rest position the thighs are extended and the weight is supported equally by the hands and feet; body perfectly straight; feet flexed and together from heel to toe.

3.

1. Position. Side leaning rest pos. (Side falling pos.)

2. Movement. Taking side leaning rest pos.

3. Command. (a) Side leaning rest—Place! Position! or Stand up—One, two, three! (b) Side leaning rest and return—One, two, three! or Begin!

4. Description of Exercise. From front leaning rest turn the body ninety degrees left or right, supporting the weight on one hand and the outside of one foot; body perfectly straight; disengaged arm resting at the side. Or, from the squat rest, left or right hand at the side, the thighs and trunk are extended sideward.

4.

1. Position. Sitting pos.

2. Movement. Taking sitting pos.

3. Command. Sitting pos.—Place: Position! or Stand up—One, two, three!

4. Description of Exercise. Do a deep knee bending (count 1) support weight on left hand and right leg while extending left leg forward (count 2) extend right leg forward coming to sitting position, with hands touching the floor at the sides (count 3). In assuming the standing position bend right knee, placing weight on right foot and left hand (count 1) bend left knee coming to deep knee bend position (count 2) standing position (count 3).

5.

1. Position. Supine lying pos.

2. Movement. Taking supine lying pos.

3. Command. Supine lying pos.—Place! Position! or Stand up—One, two, three, four!

4. Description of Exercise. The body is extended on the

floor, face up; thighs extended and parallel; heels touching; arms at the side, not abducted. The position is usually taken thru the sitting position by adding a fourth count for assuming the supine position.

6.

1. Position. Prone lying pos.
2. Movement. Taking prone lying pos.
3. Command. Prone lying pos.—Place! Position! or Stand up—One, two, three!
4. Description of Exercise. The body lies on the floor, face downward; head rotated left; thighs extended and parallel; heels together; feet extended, resting the toes on the floor; arms at the side. The position is usually taken by passing thru the knee bend rest position (count 1) the front leaning rest position (count 2) and arm bending to the front position with hands at side (count 3).

Nomenclature of Wands and Bar Bells.

The wand is carried during the marching into class formation in the thigh vertical position. The wand may be held for exercise in the ordinary, reversed, or mixed grasp.

I. *Horizontal Positions, i.e., those which are in the horizontal axis.*

1.

1. Position. Thigh hor. (the starting pos.)
2. Movement.
3. Command. Thigh hor.—Start!
4. Description of Exercise. The wand lies against the thighs in the lateral plane.

2.

1. Position. Feet hor.
2. Movement. Trunk forw. downw. bending.
3. Command. Feet hor.—Start!
4. Description of Exercise. The trunk is bent forward ninety degrees, flexion occurring throughout the entire spine and in the hip joint. The wand is placed in front of the toes six to eight inches from the floor and parallel with it.

3.

1. Position. L. (r.) foot hor.
2. Movement. Trunk forw. down. bending with twisting l. (r.).
3. Command. L. (r.) foot hor.—Start!
4. Description of Exercise. The same as No. 1, except that the trunk rotates l. (r.) in addition to the bending.

4.

1. Position. Knee hor.
2. Movement. Trunk forw. bending.
3. Command. Knee hor.—Start!
4. Description of Exercise. The trunk is bent forward forty-five degrees, the bending occurring in the hips and lumbar spine. The wand is placed in front of and about six inches from the knees.

5.

1. Position. L. (r.) knee hor.
2. Movement. Trunk half bending with twisting l. (r.).
3. Command. L. (r.) knee hor.—Start!
4. Description of Exercise. The same as No. 3, except that the trunk is rotated l. (r.) in addition to the bending.

6.

1. Position. L. (r.) thigh hor.
2. Movement. L. (r.) arm cross add. trunk twisting.
3. Command. L. (r.) thigh hor.—Start!
4. Description of Exercise. The wand is swung against the l. (r.) thigh in the antero-posterior plane; the r. (l.) arm is slightly adducted.

7.

1. Position. Chest hor.
2. Movement. Arm bending.
3. Command. Chest hor.—Start!
4. Description of Exercise. From the fundamental position the forearms are completely flexed forward.

8.

1. Position. Chest hor. l. (r.)
2. Movement. L. (r.) arm half abd. r. (l.) half flex, with forearm flex inward.
3. Command. Chest hor. l. (r.)—Start!
4. Description of Exercise. The wand is held in the horizontal axis at the height of the shoulders in the lateral plane.

9.

1. Position. Front hor.
2. Movement. Arm raising or flinging forw.
3. Command. Front hor.—Start!
4. Description of Exercise. Both arms are raised forward ninety degrees to the front horizontal position.

10.

1. Position. High hor.
2. Movement. Arm raising or flinging forw. upwd.
3. Command. High hor.—Start!
4. Description of Exercise. The wand is raised from the

front of the thighs through the front hor. to the high hor. position.

11.

1. Position. High hor. l. (r.) hand forw.
2. Movement. L. (r.) arm three-quarters flex, r. (l.) arm full flex.
3. Command. High hor. l. (r.)—Start!
4. Description of Exercise. Both arms are flexed as far as possible; the forw. arm reaches only to the three-quarters flex pos. Avoid trunk rotation.

12.

1. Position. Head hor.
2. Movement. Placing wand above the head with bent arms.
3. Command. Head hor.—Start!
4. Description of Exercise. The head, elbows and wand are carried backward in the lateral plane as far as possible. The wand is placed just above the back of the head.

13.

1. Position. Head hor. l. (r.).
2. Movement. Placing wand above the head with one arm bent.
3. Command. Head hor. l. (r.)—Start!
4. Description of Exercise. This is executed the same as No. 12, except that the wand slips through the r. (l.) hand until the l. (r.) forearm is fully extended.

14.

1. Position. Neck hor.
2. Movement. Placing wand behind neck with bent arms.
3. Command. Neck hor.—Start!
4. Description of Exercise. The wand is placed back of the neck and as far back and down as possible.

15.

1. Position. Neck hor. l. (r.).
2. Movement. Placing wand behind neck with one arm bent.
3. Command. Neck hor. l. (r.)—Start!
4. Description of Exercise. The same as No. 14, except that the l. (r.) arm is straightened at the side horizontal, slipping the wand through the right hand.

16.

1. Position. Shoulder hor.
2. Movement. Placing wand behind shoulders.
3. Command. Shoulder hor.—Start!
4. Description of Exercise. The same as No. 14, except

that the wand is placed back of the shoulders, with the hands in a wider position.

17.

1. Position. Back hor.
2. Movement. Arm circumduction.
3. Command. Back hor.—Start!
4. Description of Exercise. The hands slide out gradually to the end of the wand and at the same time are raised until the wand passes over the head and down to the horizontal position at the back of the thighs.

18.

1. Position. Side hor.
2. Movement. Arm flinging or raising with trunk twisting.
3. Command. Side hor. l. (r.)—Start!
4. Description of Exercise. The trunk twisting and arm flinging or raising occur simultaneously.

19.

1. Position. L. (r.) arm hor.
2. Movement. Alt. arm flinging forw. with half forw. inwd. bending of opposite elbow.
3. Command. L. (r.) arm hor.—Start!
4. Description of Exercise. The l. (r.) arm is in the half flex pos. with the forward end of the wand held up by the l. (r.) hand; the other end is supported by the r. (l.) hand beneath the l. (r.) armpit.

Note: No. 1 is usually reckoned as the fundamental or starting position.

II. *Vertical Positions, i.e., those which are in the vertical axis.*

20.

1. Position. Front vertical.
2. Movement. Arm flinging forw. with wand vertical (l. then r. hand up).
3. Command. Front vertical—Start!
4. Description of Exercise. The wand is placed at arm's length in front of the body in the vertical axis.

Note: The command may be changed to include charges and lunges. Example: Command, Front vertical with forw. charging—Start!

21.

1. Position. Front vertical low.
2. Movement. L. (r.) or alt. (low) arm raising or flinging forw. with wand striking floor.
3. Command. Front vertical low—Start!
4. Description of Exercise. The r. (l.) hand drops the wand, while the l. (r.) hand swings the wand into the vertical

axis at arm's length. The lower end of the wand is placed on the floor four foot-lengths in front of the body.

Note: Useful especially with lunges and charges.

22.

1. Position. Front vertical high.
2. Movement. Alt. arm flinging forw. upwd. with half forw. inwd. bending of opposite elbow.
3. Command. Front vertical high—Start!
4. Description of Exercise. The l. (r.) hand swings its end of the wand to its highest point in the median line, i.e., above the head. The r. (l.) hand swings the wand into the median line directly in front of the body.

23.

1. Position. Thigh vertical.
2. Movement. Alt. half forw. inwd. bending of elbow.
3. Command. Thigh vertical—Start!
4. Description of Exercise. The wand is placed against the thigh and is parallel to it. The top arm is placed across the chest, with the hand at the shoulder.

24.

1. Position. Side vertical.
2. Movement. Alt. arm flinging sidew. l., then r., with simultaneous trunk twisting.
3. Command. Side vertical—Start!
4. Description of Exercise. The wand is carried outward to the side hor. in the vertical axis.

25.

1. Position. Side vertical low.
2. Movement. Alt. (low) arm flinging sidew. inwd., wand striking floor.
3. Command. Side vertical low—Start!
4. Description of Exercise. Drop the wand with the r. (l.) hand, allowing it to swing to the vertical axis at the l. (r.) side of the body and at arm's length from it, the wand resting on the floor.

26.

1. Position. Back half vertical.
2. Movement. Alt. arm flinging forw. upwd. backw.
3. Command. Back half vertical—Start!
4. Description of Exercise. The wand is passed over the head and rests obliquely across the back in the lateral plane.

27.

1. Position. Head and arm vertical.
2. Movement. Alt. half forw. upwd. inwd. bending of elbows.

3. Command. Head and arm vertical—Start!

4. Description of Exercise. The l. (r.) arm is held close to the body, thus pressing the wand firmly against the deltoid muscle; the r. (l.) arm is completely adducted with forearm half flex inward.

28.

1. Position. Arm vertical high.

2. Movement. Alt. arm flinging forw. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Arm vertical high—Start!

4. Description of Exercise. The wand rests close to the inner side of the l. (r.) arm and nearly parallel to it. The r. (l.) hand is brought across the chest to the armpit.

Note: Arm half vertical low or high may be used as in Nos. 30 and 31.

29.

1. Position. Half vertical sideward low.

2. Movement. Alt. (low) arm flinging sidew. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical sideward low—Start!

4. Description of Exercise. The wand is held in the lateral plane half way between the horizontal and vertical axes, i.e., it points towards the floor at the side at an angle of forty-five degrees.

30.

1. Position. Half vertical sidew. high.

2. Movement. Alt. arm flinging obliquely sidew. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical sideward high—Start!

4. Description of Exercise. The same general description as in No. 29, except that the wand is pointed up at an angle of forty-five degrees.

31.

1. Position. Half vertical forw. low.

2. Movement. Alt. (low) arm flinging forw. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical forw. low—Start!

4. Description of Exercise. The wand is swung in front of the body in the median line at an angle of forty-five degrees, i.e., the wand points toward the floor. The wand slides through the lower hand.

32.

1. Position. Half vertical forw. high.

2. Movement. Alt. arm flinging obliquely forw. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical forw. high—Start!

4. Description of Exercise. The wand is in the antero-posterior plane as in No. 31, but it points upward at an angle of forty-five degrees.

33.

1. Position. Half vertical oblique forw. low.

2. Movement. Alt. (low) arm flinging obliquely forw. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical oblique forw. low—Start!

4. Description of Exercise. The wand is pointed toward the floor at an angle of forty-five degrees, midway between the lateral and antero-posterior planes.

34.

1. Position. Half vertical oblique forw. high.

2. Movement. Alt. arm flinging obliquely forw. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical oblique forw. high—Start!

4. Description of Exercise. This exercise is the same as No. 33, except that the wand is pointed upward at an angle of forty-five degrees.

35.

1. Position. Half vertical oblique backw. low.

2. Movement. Alt. (low) arm flinging obliquely backw with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical oblique backw. low—Start!

4. Description of Exercise. The exercise is the same as No. 29, with the exception of the one-quarter trunk twisting.

36.

1. Position. Half vertical oblique backw. high.

2. Movement. Alt. arm flinging obliquely backw. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical oblique backw. high—Start!

4. Description of Exercise. This exercise is the same as No. 30, with the exception of the trunk rotation.

37.

1. Position. Half vertical backw. high.

2. Movement. Alt. arm flinging forw. upwd. with half forw. inwd. bending of opposite elbow.

3. Command. Half vertical backw. high—Start!

4. Description of Exercise. The wand is carried directly backward to the antero-posterior plane in the median line.

Note: In positions 29, 31, 33 and 35 the near end of the wand is above the bent arm; in positions 30, 32, 34, 36 and 37 the wand is below the bent arm.

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